

The Trumpeter

March 2019

The Newsletter of Trinity Long Green

www.trinitychurchlonggreen.org

LENT - THE CHURCH'S SPRING RETREAT



Each year the church engages in a lengthy spring retreat; we call it "Lent." The word "lent" comes from an Old English word meaning "to lengthen," a reference to the lengthening of daylight, at least in the Northern Hemisphere. The concept of a church-wide retreat dates to the early Christian practice of period of instruction and preparation of those to be baptized at the Easter

Vigil. Most of these candidates for baptism were adults (although whole families would also be baptized) and came from pagan backgrounds; they needed significant time and energy to "bring them up to speed." By the end of the third century, the forty days preceding Easter Day were devoted to this instruction. Those who because of serious sins had been separated from the church, but who wished to return to the community, joined in this time of preparation. Once Constantine made Christianity the state religion, once "everybody" was baptized and a member of the church, religious practice and devotion all too often became habit, form without substance. Church leaders realized that all Christians needed to engage in a period of repentance and instruction. Lent became the church's spring retreat, a time set aside to focus on one's spiritual life and health.

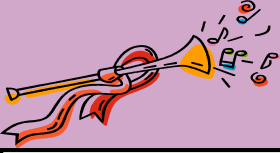
Our retreat begins on Ash Wednesday (services at 12:30 and 7:00 pm – **note the earlier evening time**) with the Litany of Penitence and the Imposition of ashes. We alter our Sunday worship in several ways: we will use the *Kyrie eleison* (Lord have mercy) rather than the *Gloria in excelsis* as our Hymn of Praise; we shift to Form

IV of the Prayers of the People which allows time for silence after each petition; we use Eucharistic Prayer A which focuses more on Jesus' sacrificial death; and we kneel together for the confession and the Eucharistic Prayer to emphasize our solidarity during this season of retreat, even as we will stand together to emphasize our celebration during the season of Easter. This year we will use the Expanded Language Eucharistic Prayer A authorized by General Convention last year. As there are minor wording changes throughout the liturgy, service booklets will be placed in the pews to be used instead of the Book of Common Prayer.



Every good retreat includes time for spiritual reading and study. This year, our Sunday readings will come from Luke and John, focusing on the identity of Jesus. Each member of the church is encouraged to embark upon a personal discipline to deepen his or her spiritual life. Fasting from certain types of food (meat on Fridays, sweets, chocolate, designer coffees, etc.) or certain activities (blogging, TV, computer games) can be useful in focusing our attention on God. Alms-giving is encouraged; this year we will continue our support of St. Etienne's School in Haiti. There will be coin jars in the parish hall, the office and the day school for anyone who wishes to participate in this project.

- Fran Stanford -



FRANFARE

Dear friends,

Every year I look forward to Lent. After all the feasting of the holidays, I need the disciplines Lent offers. When Easter is early, that works perfectly, but when Easter is late, as it is this year (Easter could be only one day later), then I am in deep trouble by the time Ash Wednesday arrives.

It shouldn't be that way, but it is. What is true for my dietary self-control is also true for my spiritual discipline. Maybe that points to a deficit on my part, maybe to my humanity (I prefer the later), but whatever the cause of my need for an external force to get me back on track, Lent meets that need.

As a child, I participated in Lenten Choir. This youth choir met two afternoons a week and on Sunday evenings led worship for Evening Prayer. I can't imagine such a schedule working today, but back in ancient times when I was a child, it did. Not only did we have three meetings a week during Lent, we also had memory work, although this was optional. The amount of memorization increased for each year we were in the choir, and those who completed it and had "perfect" attendance were recognized the Second Sunday of Easter with a cross or a stone added to a previously earned cross. While the memorization had to be done without exceptions, you could miss up to three meetings provided you attended one of the extra Holy Week services as a "make-up" for each class absence. The memory work consisted of portions of the Prayer Book and each past year's work had to be recited my memory in addition to the new work.

Lenten choir provided my first experience with the disciplines of Lent—worship, prayer, and alms-giving. The alms-giving took the form of "mite" boxes with the funds going to different causes each year. I continue to think of Lent in those terms—a time to focus on my relationship with God (worship, prayer and study) and my fellow human beings (prayer and alms-giving). I need the regular yearly season of Lent to bring me back into proper alignment with God.

It's a bit like Latte's regular chiropractic appointment. Yes, Latte sees a veterinary chiropractor every month! Most of my agility companions and my teacher utilize regular chiro for their agility dogs. We ask them to do a lot of stressful physical tasks, many of them repetitive, and they get "our of alignment." The regular adjustment restores their bodies to the proper form. At first I was a sceptic; I am a medical doctor and my training was biased against alternative medicine. At the first visit, we were unable to coax Latte to jump up on the chiro table. At the second visit, she ran into the room and jumped up with no help. As Dr. Sandy makes the "adjustments," Latte grunts, relaxes, and stands more easily. We look forward to Latte's monthly adjustment.



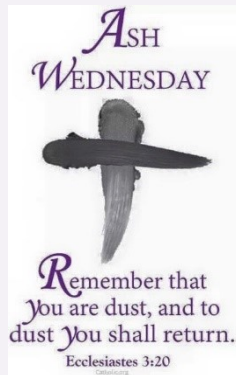
Although in the past, I viewed Lent as a time for certain disciplines (extra worship, giving up chocolate, engaging in a project to help someone in need), in recent years I have come to understand Lent as a tune-up, a spiritual adjustment to get me back in alignment with God. As a result, I am as likely to read a challenging book as I am to give up chocolate. As I settle into whatever spiritual discipline I take on during Lent, I find myself feeling more whole, more centered. Like Latte after chiro, I stand straighter spiritually.

Time for our yearly spiritual adjustment!

Fran+

ASH WEDNESDAY

Lent begins on Ash Wednesday, March 5 with services at **12:30 & 7:00 pm**. The liturgy includes the Litany of Penitence and the Imposition of Ashes.



SAVE THE DATE

Bicentennial Celebration at Trinity



Our 200th celebration as a congregation known as Trinity Long Green will be held **next spring on Sunday, May 3, 2020**. Bishop Sutton will be at Trinity for our Bicentennial

Celebration Service which will begin at 4 pm on Sunday, May 3rd. Following the church service the celebration committee is planning a catered dinner in the Parish Hall. More details will follow as we get closer to the May 3rd, 2020 date. Jonathan Deford and Chrissy Cook are the committee chairs for the Bicentennial Celebration. If you have questions, ideas or would like to be a volunteer on the committee please contact Jonathan, Chrissy, or the church office.

Coming to Communion & Confirmation



This year we are pleased to have 2 students enrolled in the Coming to Communion program, Carolyn Collins and Henry Cook. We have 4 candidates for Confirmation – Rose and Max Luba, Larissa and Cole Maits. Please keep these six young people in your prayers throughout Lent as they learn more about their faith.

Four Corners Ministerium GOOD FRIDAY OBSERVANCES

As we did last year, Trinity will participate in Good Friday Observances with the Four Corners Ministerium Churches. Mt. Zion AME Church will lead the mid-day worship to be held at Clynmalira United Methodist Church, 2910 Stockton RD, Phoenix. The service will begin with praise at 11 a.m. with meditations on the Seven Last Words of Christ beginning at 11:30. That evening, at 6:30 p.m. an Evening Vigil and Cross Walk will begin at the Upper Pavilion, Sweet Air Park 3605 Sweet Air RD (rain or shine). In preparation for the cross walk, a tapestry will travel around the Four Corners Ministerium Churches for individuals to inscribe their laments and concerns. The tapestry will be at Trinity on March 24 for us to add our laments.



OPEN VESTRY POSITION

Current Vestry member, Chris Sage, has accepted a new employment opportunity and relocated to Virginia; as a result she has resigned from the Vestry. We are all sorry to see Chris leave Trinity. It has been great having her in our community, and working on the Vestry. If you are interested in becoming a Vestry member or know of a Trinity member who may be interested please let Dr. Fran, Joyce Lynagh (Sr. Warden) or the church office know.



TCDS SPRING FUNDRAISER



The Barn Bash, will take place on Saturday, March 30 at Grimmel Farms. The event will run from 6-10 pm and the price of tickets will be \$60. Invite your friends and family to an evening of fun and food. Call the TCDS office 410-592-7423 today!

Shrove Tuesday Pancake Supper!!

Tuesday, March 5,

5:00 - 7:00 pm

Wear your costumes!

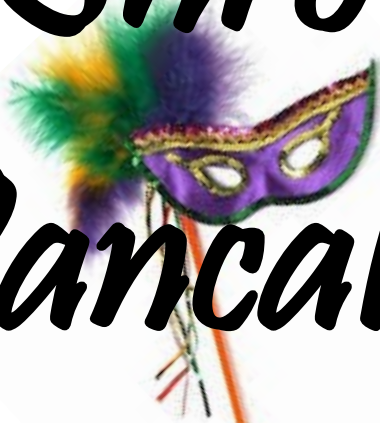
Trinity Church Parish Hall

Shrove Tuesday originated in the Middle Ages. Lent is a time of prayer and fasting, and rich foods like meats, fats, eggs, milk, and fish were restricted. Not wanting to waste food, families would have big feasts on Shrove Tuesday, the day before Lent, to use up items that would spoil during the next forty days.

The English tradition of eating pancakes came about as a way to use up as much milk, fats, and eggs as possible before Lent. In France, the consumption of all fats and fatty foods coined the name "Fat Tuesday" or Mardi Gras.

For more information please call the church office.

Trinity Long Green 12400 Manor Rd. Glen Arm, MD 21057 (410) 592-6224





COME JOIN THE FUN!
TRINITY CHURCH DAY SCHOOL'S
SUMMER NATURE PROGRAM 2019

June 3 - June 28
9:00 A.M. - 1:00 P.M.

Register March 4 for Trinity's Summer Nature Program. Each week will feature a different fun and engaging theme. Our schedule is as follows:

- Exploration/Arrival Activity
- Morning Meeting
- Snack Time
- Singing and Movement
- Outdoor Activities
- Craft Activities
- Story Time
- Lunch
- Clean-up and Closing Meeting
- A Water Play Day (1x per week)
- Organized Game Day (1x per week)







Themes:

- Week 1: Dinosaurs
- Week 2: Under the Sea
- Week 3: Art
- Week 4: Cooking and Nutrition

Afternoon Extended Day is available (June 3-7 and 10-14 is guaranteed, June 17-21 and 24-28 will be available if enough students sign up in advance) until 4:00 p.m. Bring your brothers, sisters, friends and neighbors! Program is open to all children ages 3-6, although children must be potty-trained to participate. Additional applications are available in the school office or online at www.trinitychurchdayschool.com.

Savings coupon available on our website (coupon expires May 1)

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Family Sunday 8:00am Holy Eucharist 10:00 am Holy Eucharist 11:00am Coffee Hour	4	5 11:00am : TAT Pancake Supper 5-7pm 	6 Ash Wednesday Services 12:30 & 7:00 Paul's Place Lunch	7 8:30pm Steps & Tradition	8	9 
10 TIME CHANGE 8:00am Holy Eucharist 9:45 am Sunday School 10:00 am Holy Eucharist 11:00am Coffee Hour	11	12	13	14 8:30pm Steps & Tradition	15 6:30 Movie Night	16
17 8:00am Holy Eucharist 9:45 Sunday School 10:00 am Holy Eucharist 11:00am Coffee Hour	18 6:30 Vestry 	19 11:00am : TAT	20	21 8:30pm Steps & Tradition	22	23
24 8:00am Holy Eucharist 9:45 Sunday School 10:00 am Holy Eucharist 11:00am Coffee Hour	25	26	27	28 8:30pm Steps & Tradition	29	30 TCDS Barn Bash 6-10 pm Grimmel Farms 
31 8:00am Holy Eucharist 9:45 Sunday School 10:00 am Holy Eucharist 11:00am Coffee Hour						

Hey!

March 15, 6:30 pm

Bring your parents and pillows. Wear your jammies if you'd like! Includes popcorn and drinks. ...and it's still free.

Trinity Long Green Parish Hall

*For more information please call the church office.
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Let's go to the movies!



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Glen Arm, MD 21057

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